



# MEN'S FITNESS CLUB

Compatible with all  
fitness levels!

Every Wednesday

6:00 PM - 7:30 PM

ICGC-Mirror Hall

**IMPROVE YOUR...**

- ✓ Strength
- ✓ Cardio
- ✓ Mobility
- ✓ Self Defense

## **MEMBERSHIP FEE**

**\$50 / Month**

**QR Code Registration**



**PLEASE CONTACT BR.  
DUSTIN FOR QUESTIONS:**

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